

## BRIDGECLIMB TERMS AND CONDITIONS

Please read the important information on this sheet, to assess your readiness for the Climb.

### To complete the Climb you will need:

- reasonable levels of fitness and strength
- full body control and hand-eye-foot coordination
- ability to climb independently (unsupported by walking aids).

### Why? Because the Climb experience includes:

- climbing high ladders and catwalks
- prolonged stair climbing
- uneven surfaces and narrow passageways
- exposure to all weather conditions.

### The following may impact your ability to climb safely:

- all heart conditions (including high blood pressure)
- all respiratory conditions
- back, limb or joint injuries
- missing limbs or part thereof inclusive of prosthetics
- vertigo, dizziness or loss of balance
- visual impairment (except wearing prescription glasses or contact lenses)
- learning conditions.

### You cannot take part in the Climb if you:

- are under 10 years of age
- are under 1.20 metres in height
- have a blood-alcohol reading of 0.05% or higher
- have broken bones
- have undergone surgery in the last 6 months or are experiencing ongoing symptoms
- have experienced a fit or seizure in the past 6 months and do not hold a driver's licence for this reason.

### If you take essential medication

- At BridgeClimb's discretion, essential medication may be taken on the Climb (eg asthma inhalers or diabetic medication). Please speak with a Team Member on the day.

### If you are pregnant

- Pregnant Climbers less than 24 weeks must consult a medical practitioner before climbing and must ask the medical practitioner to sign a BridgeClimb *Certificate of fitness*. Please contact organisers for this certificate.
- If you are over 24 weeks pregnant you cannot climb.

**Still concerned? You should not join the Climb if you believe your health and safety, or that of other Climbers, may be put at risk by you taking part. If you have concerns about your ability to participate safely, please consult your treating doctor.**

Please be aware that even if you have made a reservation, BridgeClimb reserves the right to decline participation or modify your Climb experience. The health and safety conditions of climbing are subject to change at BridgeClimb's discretion.

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- Participants must arrive at the BridgeClimb office 15 minutes prior to their Climb departure time and check in at the main booking desk. The BridgeClimb office is located at 5 Cumberland Street, The Rocks.
- Participants will be provided with a BridgeSuit, communication equipment, BridgeHarness linked to a static line throughout the Climb. There are also handrails for support on all sections of the Climb. Following arrival and check in participants will be given a comprehensive briefing and demonstration of the BridgeClimb safety equipment. In the event of wet weather, professional outdoor adventure wear is provided.
- BridgeClimb operates in all weather conditions with the exception of electrical storms. In the event a Climb is cancelled due to an electrical storm, BridgeClimb will endeavour to offer participants an alternative departure.
- Climbers must take into account any medical condition that may impact on their ability to climb ladders and steep slopes safely. The BridgeClimb experience is moderately exerting, highly exhilarating and exposed to weather.
- All Climbers must wear suitable enclosed rubber-soled shoes such as runners, track or hiking shoes. PVC and leather soled shoes are unsuitable.
- Participants must avoid Alcohol! Every Climber will need to pass a breath-test (for a blood alcohol limit of 0.05% or less) before being allowed to climb.
- Participants must be prepared to wear the Bridge suit over their existing clothing. Lockers are provided as nothing can be taken onto the Bridge, including cameras, videos and other loose objects.
- All Climbers receive a commemorative Climber Certificate and a complimentary group photograph taken at the summit, with all Climbers in the group receiving an identical photo.
- Participants will need to complete a declaration form and satisfy BridgeClimb's terms and conditions.